GOURMET RECIPES

Tofu With Vegetables and Peanut Sauce

Try this tasty veggie burger, made with tofu and vegetables and peanut sauce: an easy recipe for a veggie burger perfect for your vegan or vegetarian guests.

June 22, 2014

TYPE OF DISH	DIETARY CONSIDERATION	SERVES FOR	TOTAL TIME
SANDWICH	VEGAN	4	1 HR 45 MIN

Preparation

INGREDIENTS

Cut the tofu into 4 thin slices.

Mix the soy sauce, Tabasco and ketchup and brush the tofu with the mixture.

Leave to marinate for at least 1 hour.

Peel and roughly chop the onion. Heat the butter and sweat the onion until translucent.

Sprinkle with curry powder, add the peanuts and cook briefly.

Then add the peanut butter and vegetable stock and stir to a creamy consistency.

Season to taste and leave to cool. Wash the parsley, shake dry and chop roughly.

Peel the carrot and parsnip and cut into very thin matchsticks (julienne). Trim the leek, wash and cut into very thin julienne strips.

Toast the hamburger buns in a toaster or under the grill. Dry the tofu slices.

Heat the oil in a nonstick frying pan and fry the tofu slices on both sides until golden brown.

Cover and keep warm.

Blanch all the vegetable matchsticks in boiling, salted water: the carrots and parsnips for about 3 minutes, the leeks for 1 minute.

Take out of the pan and drain.

Place one slice of tofu on one half of each hamburger bun, add blanched vegetables and parsley and a little of the peanut sauce.

Put the other half of the bun on top and

Buns
4

Olive oil
2 tbsp

Tofu
200 g smoked

Soy sauce
4 tbsp

Tabasco
2 tbsp

ketchup
1 tbsp

carrot
1

leek
1 (the green parts only)

Onion
1 white

curry
1/2 tsp

Parsley
1/2 bunch

parsnip
1

Peanut butter
4 tbsp, smooth

peanuts
4 tbsp chopped, salted

vegetable stock
4 - 6 tbsp

Pepper
freshly ground

salt

serve immediately.

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